



U.S. Air Force

DEP News

**New standard
provide more
space, privacy**

**DORM
Life**



Airman 1st Class Shateka Gowdy of Randolph Air Force Base, Texas, believes Airmen may reconsider moving off base with the upgrades and privacy available in the new dormitory standard.

Dorms-4-Airmen initiative improves living standards

Airmen at six bases begin moving into new dormitories next month as part of the Air Force's efforts to improve living standards. Among the first to see the new dormitories are Airmen assigned to Davis-Monthan Air Force Base, Ariz.; Nellis AFB, Nev.; Sheppard AFB, Texas; Hurlburt Field, Fla.; Pope AFB, N.C.; and Barksdale AFB, La.

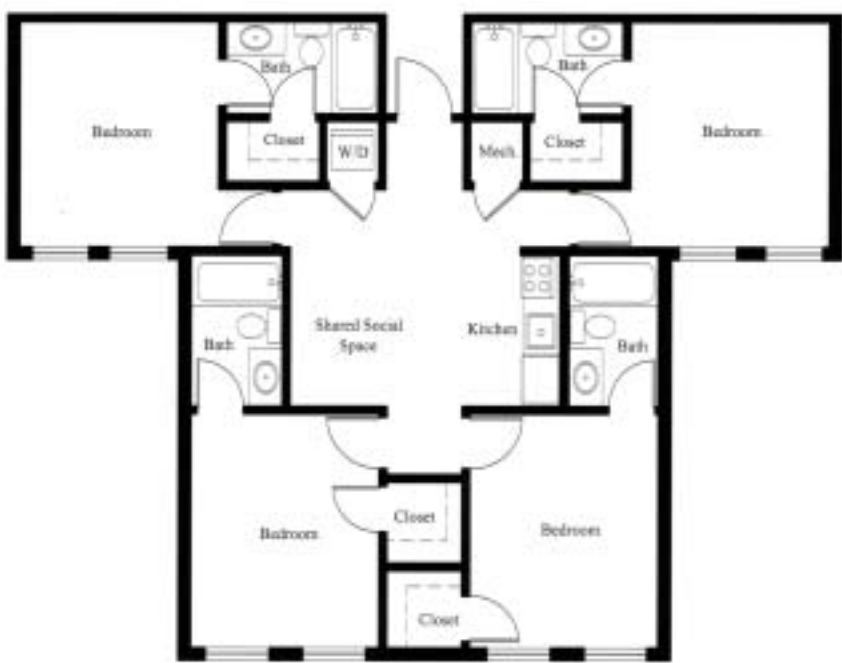
The Air Force recently updated its one-plus-one dormitory model to a new "Dorms-4-Airmen" standard, offering Airmen more living space, a private bathroom and increased storage.

Single Airmen in the grades E-1-

E-3 are required to stay in dormitories while senior airmen with more than three years of service have the option for moving off base.

The new standard allows four Airmen to share a larger common kitchen and living room, and a shared laundry area. Individual rooms will range from a minimum 129 square feet to as much as 289 square feet, depending on the design. This is up from 121 square feet in the previous standard.

Airman 1st Class Shateka Gowdy, an air traffic controller at Randolph Air Force Base, Texas, resides in an older dorm, where she shares a bathroom with another



Airman. She looks forward to changes in the standard and the addition of shared common areas.

“It will be nice to have a little more room to bring in a sofa and be able to cook with something more than a microwave.”

In addition to the larger personal living space and privacy, the dormitory buildings will also offer a multi-purpose area, such as a game or television room, and a vending room. Another change for many Airmen includes having mail service centrally located within the dormitory campus instead of having to visit the base post office.

Planners are also going to great lengths to ensure dorms are built in areas offering quick access to the dining hall, shoppette, cleaners, enlisted club and sports and recreational areas.



The new “Dorms-4-Airmen” standard offers junior enlisted members a private room and bath along with increased storage.



by Tech. Sgt. Daniel Elkins

Getting Results

Taking pride in own

It's a given that living in an Air Force dorm isn't exactly the same as having your own apartment or owning a home. But for Airmen who choose to become involved with base dormitory councils, pride in ownership comes in the form of seeing their suggestions followed through and improving the dorm for others.

Airman 1st Class Jennifer Cowan, 21, is the dorm council president for Randolph Air Force Base, Texas. As president, the Ponca City, Okla., native is respon-

sible for presiding over the council's monthly meetings and performing various duties pertaining to that position.

"In high school, I was involved with various leadership positions as a way of staying active in the school. Because I have so much time to myself here, I stay busy by getting involved with the council," said Airman Cowan.

Almost all Air Force bases have similar dorm councils in which Airmen can participate. Councils serve as a professional organization



ership

intended to improve dorm living conditions as well as enhance morale and esprit de corps between dorm residents.

It was for this reason that Airman Cowan took the idea of a small group of dorm residents welcoming new arrivals and built a

In addition to being involved with various base and community activities, Airman 1st Class Jennifer Cowan also finds the time to relax and read in her dorm room, which she modeled after her room back home.

committee now 45 members strong.

“A lot of people aren’t prepared when they arrive at a new base,” said Airman Cowan, an obligation technician for the Defense Finance and Accounting Service in downtown San Antonio. “It’s always nice to have someone point things out to you on base or even show you where the day room or laundry room is located.”

In addition to serving as a forum for dorm residents to meet and share ideas, council meetings also provide a chance to bring ideas to the attention of base leadership. Base leadership’s involvement with the council allows Airmen to communicate their needs. It was this channel of communication that Airman Cowan and other Randolph Dorm Council members used to benefit all dorm residents with new furniture, microwaves and a sand volleyball court.

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Airman, MLB pitcher switch roles for day

by Airman 1st Class Ashley Casas
McGuire Air Force Base, N.J.

Major league baseball pitcher Al Leiter swapped his New York Mets uniform May 24 for an Air Force flight suit to become a boom operator at McGuire Air Force Base, N.J., for a day.

While there, the left-hander who has played in three World Series and has 146 career wins, learned the ropes of refueling from Senior Airman Chardo Richardson and a KC-10 Extender aircrew from the 32nd Air Refueling Squadron.

Mr. Leiter received a tour of the aircraft and a brief description of what would be going on. During the three-hour mission, the KC-10 traveled down the North Carolina coast and refueled five F-15E Strike Eagles from Seymour Johnson Air Force Base, N.C.

“I had no idea what to expect,” Mr. Leiter said. “I have been on a lot of different aircraft while traveling for my job, but nothing like a KC-10. I am amazed by the thoroughness of the procedures. Every action was checked and double-checked.”

As part of the “job swap” organized by the Air Force, major

by Kenn Mann



Boom operator Senior Airman Chardo Richardson shows New York Mets pitcher Al Leiter how to refuel an F-15E Strike Eagle.

league baseball and the Mets, Airman Richardson joined Mr. Leiter as a Met for a day in June.

He put on a Mets’ uniform for batting practice before a June 22 matchup between the Mets and Cincinnati Reds at Shea Stadium.

“It’s pretty neat hanging out with the team and living the life of a baseball player for the day,” said Airman Richardson. “Well, except the part of playing the game since they’re not paying me for that.”

U.S. Air Force's *Future Force*

Melissa L. Sterpin

Hometown: Downey, Calif.

Date of birth: March 26, 1987

Recruiter: Tech. Sgt. Eric Winters,
369th Recruiting Squadron

High school and mascot: St.
Mathias Victorians

Date departed for BMT: July 29

Future Air Force job: Airborne
cryptologic linguist

Hobbies: Reading, cooking,
hanging out with friends and family,
and listening to music

Favorite singer: Mariah Carey

Favorite CD: Emotions, Mariah Carey

Last book read: Petals on the Wind

Favorite magazine: Allure and People

Favorite TV program: “Newlyweds: Nick and Jessica”

What movie have you seen more than five times? “Harry Potter”
series and “Clueless”

Favorite video game: Tomb Raider

Hottest car: Mercedes S-500

Vacation choice: Spain

Favorite sports team: Los Angeles Lakers

Why the Air Force? The Air Force is the best of the best.

How does your family feel about you entering the Air Force? My
family is very supportive and proud of my decision to uphold and defend
the Constitution of the United States.

Where do you see yourself in 10 years? In the Air Force with a
family.

If you could hang out with one person, who would it be? Mariah
Carey, because she’s an inspiration to me.

Personal motto: Carpe diem

by Staff Sgt. Cortchie Welch





BMT FITNESS STANDARDS

Suggested Minimum Fitness Level Upon Arrival at BMT

	Run (1.5 miles)	Push-ups (2 min.)	Sit-ups (2 min.)
Males	13:45	34	38
Females	16:01	16	38

Minimum BMT Graduation Standard

	Run (1.5 miles)	Push-ups (2 min.)	Sit-ups (2 min.)
Males	11:57	45	50
Females	13:56	27	50

Minimum for Phase Progression in Technical Training

	Run (2 miles)	Push-ups (2 min.)	Sit-ups (2 min.)
Males	16:30	50	55
Females	19:30	32	55

Illustration by Senior Airman Spencer Lilac